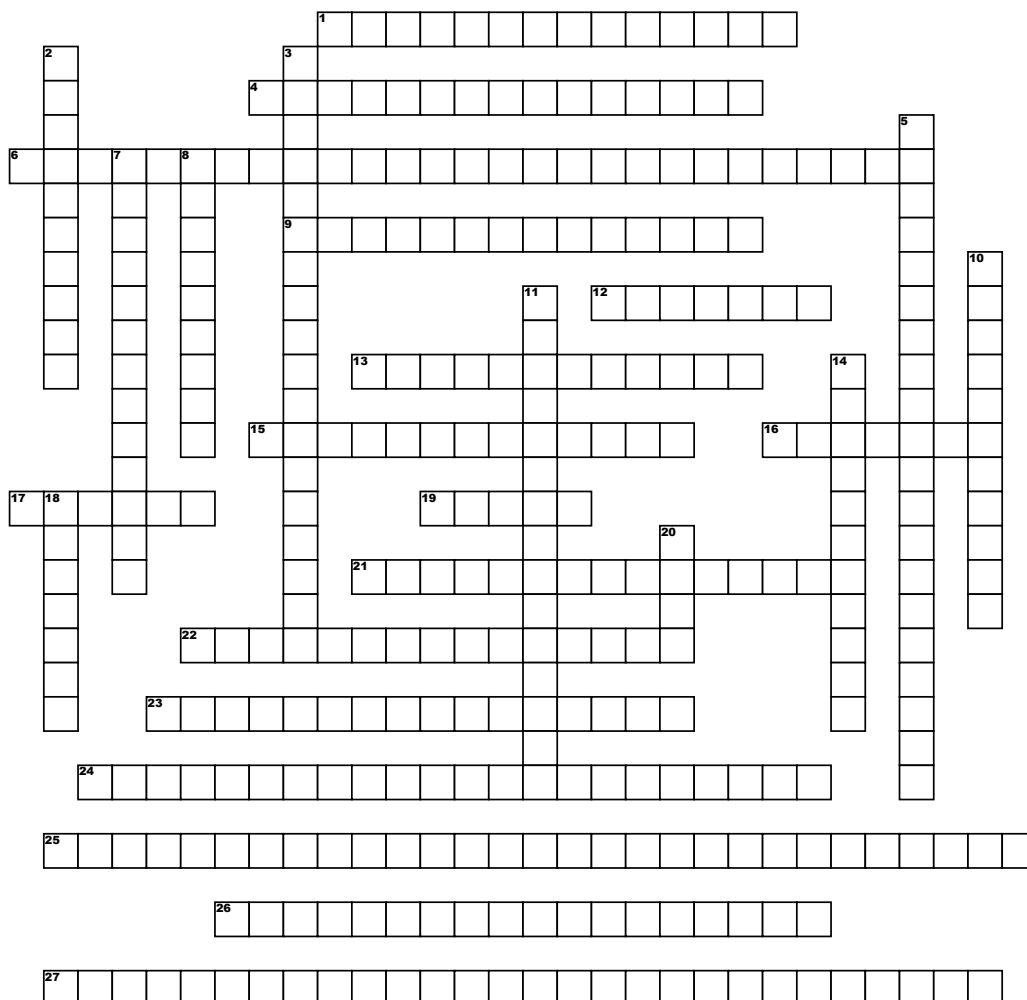


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# Chapter 5 Section 5.4



## Across

1. a label required on most packaged food in many countries

4. having due proportion; corresponding

6. the amount of an essential nutrient, as a vitamin or mineral

9. the average nutrient level consumed daily by a typical healthy population

12. essential for healthy bones and is also important for muscle contraction, heart action

13. the indigestible portion of food derived from plants

15. unit of heat equal to the amount of heat needed to raise the temperature of 1,000 grams of water by one degree Celsius

16. a nutrient found in food (as meat, milk, eggs, and beans) that is made up of many amino acids joined together

17. can increase the risk of developing high blood pressure and cardiovascular disease

19. most common type of sweetener for table use or for cooking

21. how much fat is in a single serving of a food

22. a person who abstains from eating meat and eggs, but who eats dairy products.

23. movement of the body that uses energy

24. used to plan and assess nutrient intakes of healthy people.

25. The daily amount of food a person needs to consume

26. a person who eats vegetables, eggs, and dairy products but who does not eat meat

27. helps all Americans choose healthy eating patterns

## Down

2. avoidance of excess or extremes, especially in one's behavior or political opinions

3. taking place, changing, moving, etc., by small degrees or little by little

5. indicates how many servings the package contains

7. which allows for the consumption of eggs but not dairy products

8. icon stresses activity and moderation along with a proper mix of food groups in one's diet

10. The recommended portion of food to be eaten

11. to have marked with one's initials, name, or monogram

14. white soapy substance found in the tissues of the body and in certain foods

18. being grossly fat or overweight

20. An essential mineral

## Word Bank

serving size  
recommended dietary allowance  
lacto vegetarian  
gradual improvement  
personalization  
dietary fiber  
ovo vegetarian  
sugar  
discretionary calorie allowance

calories from fat  
moderation  
dietary guidelines of americans  
sodium  
calcium  
adequate intake  
total calories  
nutrition facts  
my pyramid

protein  
servings per container  
cholesterol  
dietary reference intake  
iron  
proportionality  
lacto-ovo vegetarian  
obesity  
physical activity